

## **ARAVAIPA CANYON WEST HIKE DETAILS**

### **Items to Bring:**

After-hike items including: towel; plastic bags for wet hiking shoes & socks; second set of shoes & socks. Each hiker is to bring his/her own after-hike refreshments and your own cooler. Hiking poles can be helpful but not mandatory. Shoes that drain well and do not allow the pebbles in; a good choice is low-cut hikers with venting mesh and cleats, not GTX, not WP, not over-ankle high; tennis shoes will work but don't grip; make sure the soles of tennis shoes are not hardened and slippery; open sandal hiking shoes will work but you will be stopping often to get the pebbles out. Thick wool blend socks (not cotton) are best; tighten strings to keep pebbles out. Gaiters will also help keep pebbles out. Salty snacks, lunch, plenty of water/hiker (each hiker carries own). If day is to be hot, additional electrolyte drink is recommended.

### **Driving to Aravaipa West:**

North on Oracle Rd. (Rt.#77) past Mammoth about 10 miles; then right at the Aravaipa sign; take paved + dirt road for about 13 miles which dead-ends at the trailhead. Low clearance vehicles such as sports cars are not recommended; most sedans are OK; 4X4 drive is not required.

Primitive Restroom at trailhead

### **The Hike:**

Many, many stream crossings; water level is typically about 6 in. to 12 in. high; shoes are not removed for stream crossings. We pause frequently for photo shoots and for absorbing the beauty of the canyon; also stop for a snack break going up and coming back. Hike pace is a steady "B" level; we lunch at turn-around point after hiking about three hours; total time for hiking is about six hours (return is less time than going up).

### **After-Hike:**

Tailgate refreshments (bring your own) at your vehicle. Return to SCOV with happy memories.